

Sandwich, Hot Beef300

Number of Servings: 300 (164.08 g per serving)

Amount	Measure	Ingredient
90.00	lb	Beef, bottom round roast, lean, raw, 1/8" trim
300.00	pce	Bread, whole wheat, 100%

Nutrients per serving

Nutrition Facts			
Serving Size (164g)			
Servings Per Container			
Amount Per Serving			
Calories 240		Calories from Fat 60	
		% Daily Value*	
Total Fat 7g			11%
Saturated Fat 2g			10%
Trans Fat --g			
Cholesterol 80mg			27%
Sodium 240mg			10%
Total Carbohydrate 14g			5%
Dietary Fiber 2g			8%
Sugars 2g			
Protein 33g			
Vitamin A 0%		Vitamin C 0%	
Calcium 2%		Iron 20%	
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:			
	Calories	2,000	2,500
Total Fat	Less Than	65g	80g
Saturated Fat	Less Than	20g	25g
Cholesterol	Less Than	300mg	300 mg
Sodium	Less Than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g
Calories per gram:			
Fat 9 • Carbohydrate 4 • Protein 4			

Notes

* Roast beef: 10# EP = ~15# AP

For Roast Beef:

Roast beef to 160 degrees F with enough water so there will be SALT FREE BROTH to reheat meat. DRAIN and SAVE SF Broth from meat and cool quickly. Refrigerate when temperature is between 100 and 140 degrees F.

When cold slice into 3 oz portions. Place in two 12X20X2 inch counter pans. (Smaller sites may slice hot and serve same day).

Heat SF broth to 190 degrees F. Pour over meat. Cover with aluminum foil or lid and place in oven. Reheat to at least 165 degrees F.

Place 3 oz meat on each slice of bread.

Serve #8 scoop mashed potatoes on the plate beside the bread.

Cover meat and potato with 3 oz Gravy using 3 oz ladle.

For GRAVY follow Gravy recipe.